

Disability Specific Supplies for Emergency Kits

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Prepare different kits for different places and situations:

- **Keep it with you (KIWY) or carry-on you kit** is for the essential items you need to keep with you at all times.
- **Grab and go kit** is an easy-to-carry kit you can grab if you have to leave home (or school, workplace, etc.) in a hurry. They have the things you cannot do without but are not so big or heavy that you cannot carry them.
- **Home kit** is a large kit with water, food, first aid supplies, clothing and bedding, tools, emergency supplies, and disability-specific items. It includes all the things you would most likely need if you had to be on your own for days either at home or in a shelter of other temporary housing location.

- **Bedside kit** has items you may need if you are trapped in or near your bed and unable to get to other parts of your home.
- **Car kit** has items you will need if you have to evacuate the area and / or are in or near your vehicle during an emergency

Tailor the contents of these kits to your needs and abilities. It is ideal to plan for supplies for up to two weeks (medication syringes, ostomy bags, catheters, padding, etc.). Do what is realistic and affordable for you. Know what you are able to carry in a fanny pack, backpack or bag from a wheelchair, scooter or other assistive device. If you can only carry a 3-day supply of insulin in your grab-and-go kit than that is what's right for you. Plan for what you can do.

Disability Emergency Supplies Kits

Carry on You	Home	Bedside	Grab-and-go	Car	Item
	x	x	x	x	Store kits securely in a set place so they are easy to find.
	x	x	x		Keep important items in a consistent, convenient and secured place, so you can quickly and easily get to them. (Items such as teeth, hearing aids, prostheses, canes, crutches, walkers, wheelchairs, respirators, communication devices, artificial larynx, sanitary aids, batteries, eye glasses, contact lens with cleaning solutions, etc.)
x	x	x	x	x	Emergency Health Information [See Resource # 2]
x	x	x	x	x	Important hardcopy information (phone numbers, addresses, prescriptions) in case you don't have access to your cell phone or other digital information.
x	x	x			Cell phone [See Resource # 4]
x	x				Cash
	x		x	x	Cell phone charger
	x	x			Standard telephone (that does need to be plugged into an electric outlet)
x	x	x	x		Essential medications
	x				Other medications
	x	x		x	Flashlights and extra batteries, light sticks
x	x		x		Extra batteries for oxygen, breathing devices, hearings aids, cochlear implants, cell phone, radios, mobile devices. [See Resource # 4]
x	x		x		Copies of prescriptions
	x	x	x	x	Emergency food [See Resource # 3]
	x	x	x	x	Assorted sizes of re-closeable plastic bags for storing, food, waste, etc.
	x	x	x		Sturdy work gloves to protect your hands from sharp objects you may try to lift or touch by mistake while moving over glass and rubble.
					If you have no choice, how could you use stairs? Could you crawl or bump up or down steps? Will you need something to strap on to protect you (gloves to protect your hands, etc.)? If yes, include these items in your kits [See Resource # 1]:
	x	x		x	•
	x	x		x	•
x					Light weight flashlight (on key ring, etc.)

Carry on You	Home	Bedside	Grab-and-go	Car	Item
		x	x		Small battery-operated radio and extra batteries
x		x	x		Signaling device you can use to draw attention to you if you need emergency assistance (whistle, horn, beeper, bell(s), screecher).
		x			A container that can be attached to the bed or nightstand (with cord or Velcro) to hold hearing aids, eye glasses, cell phones, etc., oxygen tank attached to the wall, wheelchair locked and close to bed. This helps prevent them from falling, flying or rolling away during an earthquake or other jarring, jolting event.
				x	Road flares
				x	Blankets or emergency blankets (lightweight, fold to pocket size, made of a reflective material which reflects up to 80% of your radiant body heat to help keep you warm)
				x	Tools (screwdriver, pliers, wire, pocket knife, can opener, duct tape)
	x			x	First aid kit and first aid book
				x	Booster cable
				x	Reflective vest
				x	Rain Poncho
				x	State and local maps
					Wheelchair or Scooter Users
x			x		A patch kit or can of "sealant" to repair flat tires and/or an extra supply of inner tubes for non-puncture-proof wheelchair/scooter tires.
		x			Keep needed equipment close to you so you can get to it quickly.
	x				If available, keep a lightweight manual wheelchair for backup.
					Speech or Communication Issues
			x	x	If you use a laptop computer or other device for communication, consider getting a car charger your device(s).
					Hearing Issues
					Carry a pre-printed copy of key phrase messages with you such as "I use American Sign Language (ASL)," "I do not write or read English well." "If you make announcements, I will need to have them written simply or signed."

Carry on You	Home	Bedside	Grab-and-go	Car	Item
	x	x			Consider getting a weather radio, with a visual/text display that warns of weather emergencies.
					Vision Issues
	x	x	x		Mark your disaster supplies with fluorescent tape, large print, or braille.
	x	x	x		Have high-powered flashlights with wide beams and extra batteries.
					Sensitivities, Breathing Conditions
x	x	x	x		Towels, masks, industrial respirators or other supplies you can use to filter your air supply.
	x	x			N95 rated particulate filter mask - protects against dust, radiological dust and biological agents.
	x		x		Service Animal Supplies [See Resource # 3. P.11]

Resources:

- 1.) [Emergency Evacuation Preparedness: Taking Responsibility For Your Safety, A Guide For People with Disabilities and Other Activity Limitations](#), June Kailes [2002], contents include:

- create, review and practice plans
- gather emergency health information
- evaluate your need to identify as someone who will need during an evacuation
- practice the skill of giving quick information on how to best assist you
- establish personal support networks
- conduct an ability self-assessment
- know your emergency evacuation options

- 2.) [Emergency Health Information](#) June Kailes [2011 Edition 2], [in PDF](#), [Microsoft Word](#). contents include:

- create your emergency health information (includes forms)
- storing copies in key places

3.) **[Emergency Preparedness: Taking Responsibility For Your Safety - Tips for People with Activity Limitations and Disabilities](#)**

Written by June Kailes for Los Angeles County Emergency Survival Program [2006], in: PDF, Microsoft Word [1](#) & [2](#), content includes:

- Know why preparing is key
- conduct an ability self-assessment
- establish a support team
- create emergency plans
- collect disability-specific supplies for emergency kits / go kits and check lists
- make an out-of-state contact list (includes form)

4.) **[Tips for Emergency Use of Mobile Devices](#)** – June Kailes [2015 Cell phones, smart phones and other mobile wireless devices like tablets are a big part of our lives. We rarely leave home without them and we often store important information on them. In a small or large emergency, they can be a communication life line. Provides details regarding preparing your device to quickly get and give emergency information which includes a checklist, emergency contacts and documents, alerts, texting, apps, bookmarks of important mobile sites, “no service” backup plans, skill drills and other resources.

For more information on:

- Supply kits visit: <http://www.redcross.org/>
- **[Individual Preparedness for People with Disabilities, Their Families And Support Networks](#)** (guides, videos, checklists) visit: <http://www.jik.com/disaster.html>



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